

Injury Prevention

With Dr. Kroncke



Stay Healthy and Achieve Your Fitness Goals in 2023

WHAT: Wellness presentation exclusive to NJSD

WHEN: February 14, 2023, at 3:30pm

WHERE: <https://neenah-k12-wi.zoom.us/j/85860544493>

WHY: This presentation will help you reach your fitness goals by preventing common injuries

An injury is never fun; especially if it interferes with your goals. Join Dr. Erica Kroncke, non-surgical sports medicine physician from Aurora Health Care, as she talks about how to stay healthy and prevent common injuries that can lead to day-to-day pains. In this presentation you will learn ergonomics to help with back and neck pain, a proper way to warm up before activities, and ways to break bad habits that may be leading to injuries or pain. There will be a question-and-answer portion for anyone that joins live.

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